



### **SPA Events - YOGA**

Gentle Yoga for all levels of experience.

Every Friday morning 9-10 am. \$15.

Drop in, 10 sessions \$10. Each

For registrations for all programs and more information visit [www.abbyspa.com](http://www.abbyspa.com)

**No Yoga December 27**

### **Meditation & Mindfulness Classes**

Wednesday Afternoons 12:15 – 1:15 pm.

NO classes December 25 or January 1

Join Brandi Matheson for a one Hour session for mindfulness and meditation.

### **Spiritual Renaissances:**

Creative Episodes in the drama of History  
(Lecture series)

**Dates:** 7 Wednesdays (Feb 5, 12, 19, 26,  
March 4, 11, 18)

**Time:** 7-9 PM

**Presenter:** Harold Rosen

**Cost:** \$60 for all 7 nights OR \$15 per evening  
(purchase individually)

### **Beading workshop: Crochet Rope Jewelry**

**Date:** February 15, 22, & 29

**Time:** 10:30 AM - 12:00 PM

**Location:** SPA Facility

(33737 George Ferguson Way, Abbotsford)

**Cost:** \$10

**Instructor:** Phyllis

For registrations for all programs and more information visit [www.abbyspa.com](http://www.abbyspa.com)

## **TRINITY MEMORIAL UNITED CHURCH 33737 George Ferguson Way, Abbotsford, BC ANNOUNCEMENTS December 15, 2019**

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Welcome! If you are visiting, please sign our guest register. If you are looking for a church home, fill out an "Information" card found in the pews and deposit it in the offering plate.

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Contact Information: Phone 604-853-2591

E-mail Office: [tmucabb@gmail.com](mailto:tmucabb@gmail.com)

Minister: [ministertmuc@gmail.com](mailto:ministertmuc@gmail.com)

Website: [www.trinitymemorialuc.com](http://www.trinitymemorialuc.com)

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### **Scripture Readings for Sunday, December 23, 2019**

Isaiah 7:10-16, Psalm 80:1-7, 17-19

Romans 1:1-7, Matthew 1:18-25



### **Youth Group Sunday Evenings**

Meeting tonight, December 15  
at 6 pm. Heather Autio and Rev.

Bill are hosting our youth group program this year.

Youth group is for youth 12 to 18 years old are welcome.

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### **Romeo's and Juliette's (Wives) breakfast**



**Friday, December 20 - 7:30 am at Jo Jo's.**

Hope everyone has let Frank know they are attending so he can let the restaurant know.  
**604-852-8933.**

**Harmony UCW Unit Christmas party will be held on**  
December 16<sup>th</sup>, 1:30 pm – 3:30 pm in the Lower Kitchen Hall. Bring a friend and some finger food to share and enjoy fun games, music, and much more."



### **Christmas Eve Services:**

**7:00 pm - Family,  
Candlelight  
and Carols Service**

**11:00 pm - Candlelight,  
Communion Service**

## “Roll” Around the World – A Cooking Class

Make different “Rolls” from around the world.

Date Saturday, Feb. 1, from 1:30 pm to 4:00 pm.

Cost: \$60 per person, cash or cheque

Location: Kitchen Trinity Memorial United Church kitchen, lower level. 33737 George Ferguson Way at Montrose Ave, Abbotsford. Instructor: Rose Soneff, Retired Dietitian

Registration deadline: Jan 29, 2020. Limited seats

To register: call 604-853-2591, 9 am to 2 pm, Tue to Fri



### **White Gift Sunday & Children’s Sunday December 15th**

White Gift Sunday is a long tradition of collecting gifts for those in need during the Christmas season. Traditionally the gift was wrapped in white tissue paper, representing the coming of light into the world in the form of the Christ Child. This year, on Sunday Dec. 15th, we continue the tradition by asking you to consider bringing to worship a non-perishable food. The White Gifts will be taken to the Abbotsford Community services to assist in creating Christmas hampers for families in need.

### **Broadview Magazine (Formerly The Observer)**

Special Gift Subscription Discount price \$20.00. This is new this year. Give the gift of Broadview. Cards are at the back of the church if you are interested in this gift idea.

### Stewardship Seconds

Blessings have many faces; so, do the needs of those around us. Let us rejoice in what we have been given and look for others with whom we can share it.



### THANK YOU! THANK YOU! THANK YOU!

The first week of December is always one of the busiest for Trinity Memorial and this year was no exception!

The Christmas Sing a long was a huge success – approx. 240 adults and children came to laugh and sing! The donations to the foodbank were huge!

Thank you to Donna, Margrett, Christine and Sharon from Mt Lehman, Earl, Ron, Santa, Trinity Memorial Choir, Mt. Lehman Choir, the Valley Singers, Jerry Johnson, Lenci, Vienne, Shirley, Marcia, Ken, Dorothy and Rev. Bill for helping to make a fun filled and joyous evening for everyone. Thanks to those who baked cookies, helped with set up and clean up and to those who served coffee after the event.

A special thank you to Gloria from Mt Lehman for the newspaper advertising, Roz for displaying posters and to Rose, our office manager for her excellent graphics on the overhead!

The Advent Event held last on December 1 was a great success as well! Eighty- six people sat down for a turkey lunch and after, heartedly enjoyed the bidding wars at the live auction. Thank you, to the Auction crew - Rose, David, Janet and Tina and to all who made donations and to those who made successful bids! The auction is the highlight of the afternoon! Thank you Marcia, Ken, Ken, Rose, Larry, Scott, Peter, Carolyn, June, Frank, Dorothy and Ellenor for all your help with set up, take down, cooking turkeys and washing all those dishes!! The total raised at the Event was \$2,366.00 – three hundred more than last year. See you all next year!

Linda Garrett